

## Sac County

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### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- Prevention of Child Abuse: Sac County child abuse confirmation rate is 34.5%. Statistics show a high rate of sexual abuse in Sac Co. compared to the state. Average rate per 1,000 children is 2.18. Sac County is ranked 7th out of the 99 counties for sexual abuse confirmations and co-habitation w/sex offender.
- Sac County population is approximately 10,331 people with 11.5% living in poverty.
- Reduce substance abuse with focus on prevention efforts of education to the youth of Sac County. The 2008 youth survey results of students in the 6, 8, & 11th grades in the Sac County schools shows 57% of 11th grade students are engaging in binge drinking activities (5 or more drinks). 34% of the 11th grade students have tried a tobacco product in their lifetime.
- Also identified that women of child bearing age are using tobacco products or are exposed to secondhand smoke.
- Childhood Obesity has increased in U.S. with children and adolescents age 2 - 19 with present rate at 18.1% (CDC). Specific state of Iowa data reports (IDPH) a rate of 36.3% for boys and 37.8% for girls in a random sample of 3rd and 4th graders. These rates have nearly doubled and tripled respectfully since 2005 rates.
- Mental Health was identified by the planning group as an area which has limited access to services due to low # of providers, especially psychiatrists.
- Elderly wellness identified by the community planning group as an identified problem, without supporting data. Due to rural area, many seniors are isolated and there are limited activities in place for elderly. Also noted lack of walking trails and affordable places to exercise.
- Colon & breast cancer prevalence is high in Sac County as noted from maps of Iowa showing incidence rates from 2000-2005 in the highest third area of the state.

#### Prevent Injuries

##### Problems/Needs:

None identified

## Protect Against Environmental Hazards

### Problems/Needs:

- High radon levels reported by the Environmental Health Specialist.
- Numerous private sewer systems not up to date reported by local environmental health specialist. Evidenced by number reported at time of transfer inspections of real estate.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

None identified

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

- No established volunteer network in place in Sac County. This was evidenced during the ice storm of 2010.
- Need for improved communication system and improved personal preparedness identified.
- Limited internet capability and resources for EOC during emergencies.

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- Up-to-date Service Directory to identify resources available for Sac County residents. Planning group identified difficulty keeping information current and accessible to the public.
- Lack of available, affordable transportation to access health services or essential daily living needs. Group identified DHS & OB services not available in the county.
- The proportion of non-registered childcare homes is greater than registered according to statistics from Child Care Resource & Referral. There are 13 DHS registered homes and 20 Non-Registered homes. Sac County has 82.2% of children under the age of 6 with all parents present in the labor force (2000 U.S. Census data)

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
To increase community awareness, targeting youth & pregnant women of harmful addictive behaviors by implementing a campaign which addresses the use of drugs, alcohol , & tobacco products	Provide researched based curriculum in the schools.	New Opportunities, Inc.	January 2012 yearly curriculum to the school districts.
	Hold town hall meeting to educate parents on the harm and risks of underage drinking/binge drinking	New Opportunities, Inc.	Hold 4 town hall meetings by June 30, 2013.
	Provide retail education to establishments that sell alcohol.	New Opportunities, Inc.	June 30, 2011 and annually.
	Provide youth tobacco advocacy groups to promote healthy behaviors in middle school	New Opportunities, Inc.	January 2012 and ongoing.
	Provide education presentation to all school districts on harmful effect of tobacco products	New Opportunities, Inc.	January 2012 and ongoing.
	Provide a teacher in-service to all districts within the county to educate on the latest trends of tobacco use and products	New Opportunities, Inc.	June 30, 2012.
	Educate women on the dangers of secondhand smoke	New Opportunities, Inc.	January 2012 and ongoing.

Goal	Strategies	Who is responsible?	When? (Timeline)
To provide families with the necessary parenting skills for optimal positive child-bonding, optimal child health development, and learning, enhanced parental self-sufficiency, and prevention of child abuse and neglect.	Seek funding through Early Childhood Iowa or other grants to provide In-Home visitation program to families with children 0-5.	Sac County Health Services 2011-2015.	
	Outreach efforts to community partners such as physician's offices, civic groups, WIC, Family Development Center, Women's Health Program/Family Planning, New Opp. Etc.	Sac County Health Services 2011-2015.	

Goal	Strategies	Who is responsible?	When? (Timeline)
To improve knowledge & access to resources for agencies serving the county and or the residents.	Apply to Buena Vista University for an intern to develop an on-line resource directory for Sac County.	Community Advisory Council	January 2012
	Determine internet capability and locate a lead agency to maintain the county resource information.	Community Advisory Council	2011-2015
	Contact agencies to link to the established website.	Lead Agency when determined	January 2015

Goal	Strategies	Who is responsible?	When? (Timeline)
To increase awareness in the county of childcare issues and improve parental knowledge.	Coordinate with Child Care Resource and Referral (CCR&R) serving Sac County to identify the # of registered & non-registered providers.	BVCS Early Childhood Iowa	By January 2011 & annually.
	Write news release articles quarterly to increase parental awareness.	CCR&R Home Consultant serving Sac Co.	April 2011 & ongoing.